



EAT FOR LIVING

GUT MATTERS

Myth-Busting Edition

YOUR GUT HEALING GUIDE...
TOP 3 MYTHS, PRACTICAL TIPS,
AND EASY RECIPES FOR TRUE
GUT HEALTH



FIRST THINGS FIRST...

Feeling overwhelmed by conflicting nutrition advice? You're not alone!

Gut health, in particular, is an area where myths abound.

As a nutritionist, I've seen firsthand how misinformation about gut health can not only be confusing but may even lead to choices that worsen symptoms instead of improving them.

That's why I've created this guide—to help you sort fact from fiction and cut through the noise.

Let's debunk the top three common gut health myths, share practical tips and three gut healing recipes to truly support you and your gut.

MYTH #1:

ALL PROBIOTICS ARE THE SAME



THE TRUTH:

Not all probiotics supplements are beneficial for everyone.

Different strains target different issues, and what works for one person's gut might not work for another.

For instance, the probiotics you need to alleviate bloating might differ from those needed for post-antibiotic recovery. When in doubt, personalized advice from a professional may be the answer.

Mother Nature's probiotics—fermented foods like yogurt, kefir, sauerkraut, kimchi, and miso—can be a game-changer for your gut health. If you're new to these foods, start small and give your gut time to adjust.

MYTH #2:

GLUTEN-FREE IS THE HEALTHIEST CHOICE FOR EVERYONE



THE TRUTH:

Gluten isn't inherently harmful for everyone.

While gluten-free diets are essential for individuals with celiac disease, for many people, wheat and other gluten-containing grains (rye, spelt, barley, farrow) can be part of a balanced diet.

If you're avoiding gluten, beware that many gluten-free products are heavily processed and lack the nutrients found in their whole-grain counterparts.

Blanket avoidance might cause more stress than benefits. Instead, focus on eating a variety of whole foods to support a balanced gut microbiome.

MYTH #3:

MORE FIBER IS ALWAYS BETTER



THE TRUTH:

There's no doubt that fiber is a gut-health superstar, but going overboard too quickly can lead to bloating and gas.

A slow and steady approach helps your gut adjust and reap the benefits without the discomfort! Add fibre gradually and pair it with plenty of water to keep things running smoothly.

BONUS TIPS EVERYDAY GUT HEALTH HABITS

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Digestion is Everything Blog Post

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DIVERSIFY YOUR PLATE



Variety is key for a happy gut microbiome.

As a gut nutritionist, I always recommend aiming for 30 different plant based foods each week!

The good news?

Everything counts: herbs, spices, grains, legumes, fruits, nuts, seeds, and, of course, vegetables. Get creative and keep your gut bugs thriving!

CHEW THOROUGHLY



Digestion starts in your mouth! Take your time to chew and savor your food—this not only reduces bloating but also helps your body break down nutrients more efficiently.

HYDRATE WELL



Staying hydrated helps your body digest and absorb nutrients more effectively. Aim for half your body weight in ounces. ie If you weigh 150 pounds, you would aim for 75 ounces or just over 2 litres per day.



Soothing Turmeric Bone Broth

4 servings
12 hours

Ingredients

1 Whole Chicken Carcass (about 2 lbs of bones)
1 Carrot (peeled and chopped)
1 Yellow Onion (diced)
2 stalks Celery (chopped)
3 Garlic (cloves, halved)
1 tbsp Apple Cider Vinegar
1 tsp Sea Salt
1 cup Parsley (chopped)
6 cups Water
1 tbsp Turmeric (fresh or dried)

Directions

1. Place all the ingredients in a large pot or dutch oven. Bring to a boil, then reduce to a simmer and cover. Cook for at least 10-12 hours
2. After 12 hours, allow to cool till warm and then strain the broth. Use wherever chicken broth is used, such as in soups, gravies, sauces, and more.

Notes:

This recipe is rich in collagen and anti-inflammatory compounds to support gut lining and joint health.

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving size: One serving is approximately 1 to 1 1/2 cups.

One soothing cup at a time: Warm bone broth can be sipped straight as a health tonic. Or use it as the stock for your favourite soup recipe. Either way, it's comforting, warming, and nourishing.



Gut-Friendly Berry Chia Pudding

2 servings
25 minutes

Ingredients

1 cup Unsweetened Almond Milk
1 cup Blackberries
1 tbsp Maple Syrup
1/2 tsp Vanilla Extract
1/4 cup Chia Seeds

Directions

1. Add the almond milk, blackberries, maple syrup, and vanilla to a blender and blend well until combined.
2. Pour the blackberry mixture into a medium-sized bowl and add the chia seeds. Whisk well to combine. Divide into smaller jars or bowls and refrigerate for at least 20 minutes to thicken.
3. Top with additional blackberries if desired. Enjoy!

Notes:

Loaded with fibre and antioxidants to promote digestive balance.

No Blackberries? Switch it up a little...use mixed berries, cherries or strawberries for variety.

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Granola, nuts, seeds, yogurt.

Nut Free: Use oat milk or coconut milk instead of almond milk.



Kefir & Cabbage Poppy Seed Slaw

4 servings

10 minutes

Ingredients

4 cups Green Cabbage (thinly sliced)
2 Carrot (peeled, shredded)
1/4 cup Parsley (roughly chopped)
3 tbsp Plain Kefir
2 tbsp Extra Virgin Olive Oil
2 tbsp Lemon Juice
Sea Salt & Black Pepper (to taste)
1 1/2 tsp Poppy Seeds

Directions

1. In a large bowl add the cabbage, carrots and parsley.
2. In a small bowl, whisk together the kefir, oil, lemon juice, salt and pepper.
3. Pour the dressing onto the cabbage slaw and mix well to combine. Add the poppy seeds and divide evenly between plates. Enjoy!

Notes:

Packed with Mother Nature's probiotics. Truly using food as medicine!

Leftovers: Refrigerate in an airtight container for up to three days.

Dairy-free: Use a dairy-free kefir or yogurt.



Jennifer Lloyd RHN, CHHC

Gut health is not one-size-fits-all, and navigating the myths can be tricky. But knowledge is power, and understanding what could actually be harming your gut will help you make better, more sustainable choices.

So, what's your next step?

Take what resonates, experiment gently, and always listen to your body—it knows more than any trend or wellness guru.

Still unsure about what's best for your gut?

Book a free 20 minute call with me and let's personalize your journey!

Together, we'll explore your gut health questions. After all, gut health is not one-size-fits-all and your health is about what works best for your unique body!

READY TO BOOK?

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If you have any questions about this guide, the recipes, or any questions at all, please feel free to contact me at jlloyd@eatforliving.ca

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